



THE BIRD'S EYE VIEW



Issue 35 Fall 2019

FIVE NEW STAFF MEMBERS MAKE THEIR MARK IN DIFFERENT WAYS

By Jasonna Breault

There are five new staff members in various positions throughout the building, and all five were excited to start their year.

Megan Hendee started in August and is Team Starling's 9th grade Global Studies



teacher. When asked if this is what she wanted to do for the rest of her life, she responded, "Yes." Hendee has her undergrad in history and her master's in education. Hendee said the advice

she would give a student would be, "It will all be okay." She enjoys hanging out with her students, getting to know them, and giving them knowledge about current events. She sometimes finds it challenging to create an exciting and engaging curriculum. Hendee chose this job because she "likes teaching older kids the content that social studies brings." When asked about her ultimate dream job, she responded, "I'm living it!"

Cari Whittemore has been the Ex-

ecutive Assistant to the principal since July 2019. Her motto is "Send it to the universe" and the best advice she would give to a student is "Don't make bad choices now that will close doors for your future." Whittemore finds talking to students the most fun part about her job, and her biggest challenge is time management. She chose this job because she wanted something less stressful than her previous job. Her dream job would be something that involves traveling or forensics.



Sarah Slayton is a school-based clinician through CSAC. She has been working here for nearly 3 months. When asked if she plans to do this for the rest of her life, Slayton said, "Probably not for that length of time." Her undergrad college dual major was psychology and studio art, and her master's degree is in art therapy and counseling. Her motto is "Unconditional acceptance in relationships



is very important." Slayton's best advice to a student is "it's not always going to be like this, Things pass and get hard, but it will get better." The most fun part about her job is being with teenagers. When asked why she chose this job, she replied, "Because I develop relationships with teens, and help them make art and learn how to be accepted. Plus, I went to Mt. Abe myself, so I know what it's like." Slayton's dream job is to be a counselor half the time and an artist the other half.

Maureen Hill is the Behavior Assistant for grades 7-12 and has been working here since August. She hopes to work in a high school with kids for the rest of her life. Hill has a BS in Geography, with a minor in African Studies. Her motto is "be kind to other people and yourself." The best advice she has given to a student was "the most important thing you can do in life is to respect yourself." Getting to know students is what Hill finds most fun about her job and she chose this job because "Seeing kids disappointed or feeling badly about themselves makes me want to help.



Everyone makes mistakes. It's part of life and growing up." Like Hendee, Hill says she is living her dream job.

Michael Williams is a Biology teacher and is Team Starling's Foundational Science teacher. When asked how long he has been working here, he responded, "I did my teacher training at Mt. Abe four years ago with Sam Kayhart and taught here the year after. I then taught for a year at Missisquoi Valley.



I returned at the start of this year." Williams said his general goal is to be content and keep things enjoyable, and he enjoys teaching. He explained, "I studied for a BSc in Marine Biology at the University of Newcastle in England, and got an MSc in Ecological Management and Conservation Biology at Queen's University in Belfast, Northern Ireland." More recently, he received his Master of Arts in Teaching. He finds meeting and working with lots of great people most fun about his job. He chose this job because "I used to work for a whale and dolphin charity. Part of my role was working with schools onboard ships to learn about marine life, and hopefully see whales and dolphins. I enjoyed working with schools, so I decided to go into teaching." Although he's very happy teaching, he does think about his dream job. He explained, "It would be something involving working with people and using my knowledge of biology."

Despite working in different positions around Mt. Abe, all five new staff members have one thing in common: they enjoy working with students.

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4-HERS REPRESENT STATE AT NATIONAL CONFERENCE

By Karissa Livingston

Every year since 1955, kids from all over the United States involved in Dairy 4-H are invited to come together and participate in the National 4-H Dairy Conference. The National 4-H Dairy Conference happens once a year, and 4-Hers who attend gain new knowledge about what is happening in the dairy industry and

meet new people from all over the United States and Canada. The hope is that all who attend will continue to be involved in agriculture after we leave high school.

In order to be invited to attend the conference, you have to be a 4-H member between 15 and 18 years of age. When they are selecting delegates, they look at

(See 4Hers, Page 2)

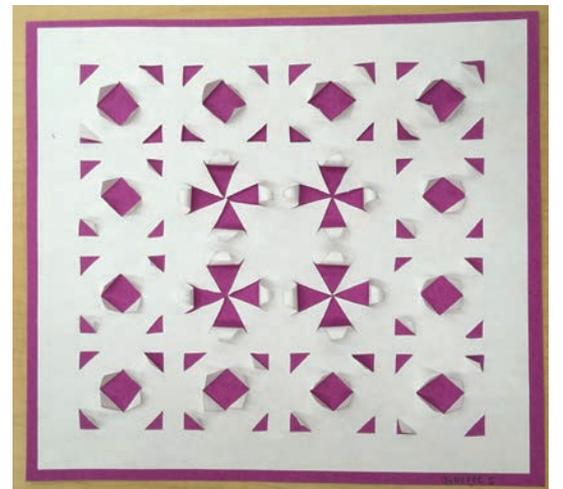
VISUAL ART OPPORTUNITIES AROUND



Ceramic UglyJug By Scout Hall '21



Students at Mt. Abe have many options for creating art, including Ceramics with Leah Hammond, Painting or Intro to Art with Elise Cleary, and even making artistic cutting boards in Woodworking with Matt Brown. More samples of student art created this fall can be found sprinkled throughout this issue, as well as in display cases in various hallways at Mt. Abe.



Cut Paper

By Juliette Snell '20

OPINION

KNOWING MY PLACE

By Jasonna Breault

I started my journey last year at Living Well in Bristol, where I first realized I was a people person. I loved being there and spending time with the residents. I began to build strong relationships with individuals there. There were many nights that I was there until 7p.m. even though I could have left at 3pm, because I loved knowing that I was bringing happiness to them. They valued my devotion, and I valued the trust I earned from them.



This experience has led me to explore more opportunities. Volunteering has taught me responsibility, how to be open-minded, and value other people's opinions. I began spending time at the Lincoln Community School at the end of last year. I attended LCS for my elementary years, so I was familiar with most faces and the building. I was still nervous to return as an "adult" figure, and role model. I was welcomed with open arms which definitely took the edge off.

In the beginning, I discovered it wasn't as easy as I thought to multitask to the fullest, and to build relationships with many different kids. I needed to get to know each student and figure out their individual needs. I learned how to help them address their problems and think of ways to move past it. I started bonding with everyone in the building. I earned trust and respect, which I took to heart.

This year, I returned as an employee at the LCS Expanded Learning Program. I am asked to do childcare, so I have gotten to know parents, and I am someone the kids look up to. When I arrive and get out of the car, I go into lunch duty and I hear my name being yelled by a group of little voices. I then get smothered by hugs and asked, "Are you staying for the whole day?" Others ask, "Do you have time to braid our hair?" and "Can you play soccer with us at recess?"

This year, I walk into the building and get greeted by almost everyone I walk past. I return as something a lot more than what my title holds. I am making a difference and know that I'm making a positive impact on students. Knowing that my opinion and advice are valued is something I don't take for granted.

This experience has made me realize that working with people, children specifically, is what I want to do for the rest of my life. I am grateful to know where I'm supposed to be in this huge world and thankful to everyone at LCS for helping me figure it out. I am so excited for what the future holds!

4-HERS

(Continued from Page 1)

who will "best" represent Vermont, meaning they look for people who are respectful, able to get along with others, and overall would contribute to a fun trip for all. The application process involves asking for letters of recommendation from teachers, leaders, and people who know you well, as well as including written responses to a list of questions. The Vermont 4-H directors review the applications that are submitted and vote on the selected delegates. The state of Vermont selects an average of 10 kids a year with at least two adults.

This trip is a once-in-a-lifetime experience, not only because you are only able to attend the conference one time, but because you learn so much in a short amount of time as well as meet people from all over the country. If I could relive this trip, I would do it any day. When first hearing about this trip, I wasn't sure what to expect, but when we arrived, we did so much more than I expected in a short amount of time. We visited places that most people only get to read about, like Hoard's DairyMan, Nasco, National Dairy Shrine, ABS Global, Crave brothers and World Dairy Expo. We also visited the University of Wisconsin--Madison, where we attended short seminars on different topics involving agriculture such as: dissecting an udder, how to artificially inseminate dairy cattle, and general information about animal welfare. When we were not busy touring around Madison, we listened to speakers who talked about their different careers, how they got there, and about new developments in agriculture. We also had an opportunity to participate in hands-on workshops, such as how to make cheese and ice cream at home, and we also learned about some careers that might interest us as we get older.

When we were notified that we were selected to attend the conference, we were given a list of different volunteer jobs for each 4-H member to do while we were there. The long list of jobs included transportation, running head table, sponsor appreciation, and hospitality. I volunteered to work in hospitality. We were responsible for greeting people as they walked into the dining room, checking everyone for proper attire, handing out necessary materials



Mt. Abe 4-Hers included Abby Reen and Karissa Livingston (kneeling, 3rd and 5th from left), plus chaperones Cindy and Brian Kayhart (back row, 1st and 3rd from left) also represented Addison County.



Star Trails in Ossipee, New Hampshire

Christofer Wolak '21 Photography

for activities, and preparing the space for events. The conference relies on 4-H members volunteering for group events and activities. Given the large number of kids attending this trip, it would be impossible for adults to do all the different tasks that these five different committees perform, and volunteering and contributing to this trip's events made me feel like I was part of something bigger, and I'm so grateful it was possible for me to do so.

The best part of this trip was the people that we got to meet. Getting to know them made events even more fun and interesting. When it was time to return to Vermont, I realized that I might never see these people again. Every day, I keep in contact with a couple of people through social media. It is so cool to meet and keep in contact with people who have a common interest in agriculture but live thousands of miles away.

I.L.O. OFFERS UNIQUE OPPORTUNITY

By Samuel Schoenhuber

This year I am studying the history of local architecture as part of an Independent Learning Opportunity (ILO) class at Mount Abraham. This is my second year taking a course through the I.L.O program. Last year, I worked with a local architect, Gregor Masfield.

I have always been fascinated with architecture. My specific interest is how architecture can influence and inspire another person. While buildings can seem simple, they are an expression of history and the hope of the future. Masfield and I met weekly to discuss a project that I was working on throughout the semester. He taught me about different design elements, how to properly sketch simple plans, make models and be able to communicate my thoughts about my design. I found that working with a professional inspired me as I was surrounded by books and professional designs and sketches of real life projects. My final project was to design an abstract building on the slope below our local high school.

For this project, I learned how to sketch out designs of abstract buildings, use online programs to design my work, create models and how to express my ideas to others. Working outside of the school made me have a feeling of involvement that I couldn't get inside a classroom. The I.L.O. program has been a productive way for me to add flexibility in my learning. It has allowed me to develop my passion and my interest in

(See ILO, Page 5)

NIGHT HEIST: VOLUME 1 By Noah Smith

I open the door of my small van and climb out. I look in all directions before pushing the 'open trunk' button on the dashboard. I quietly close the driver's side door and start walking to the open trunk. My gaze snags on the occasional a security camera in the distance. I know that they have been deactivated, but they still make me uneasy. I shift my gaze to the contents of the trunk: a tight black Martial Arts jumpsuit, a matching black mask, AR-15 semi-automatic rifle (in the case of an emergency), night vision goggles and scopes, katana sword and sling to carry over your back. The last item was a pair of shoes for Martial Arts that were flexible enough to kick, but not get hurt. You could tie the side strings up to your knee for support. There was also a big gray case of ammunition clips for the AR-15.

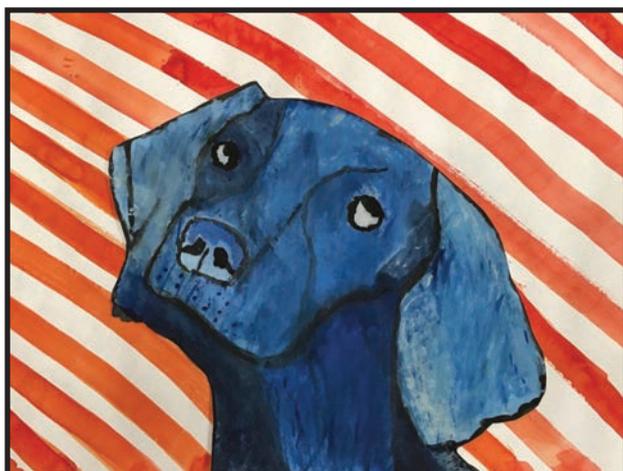
I grabbed the jumpsuit, mask, and shoes, and slid open the side door of the van. I had previously ripped out the back seats so it was bare, and there was more room. I quickly changed into the jumpsuit, tied the shoes up to my knees and slipped the mask on. I got out of the car again and went to the trunk to retrieve the AR-15, katana, night vision goggles and scopes. I put the items in the front passenger seat and then sat down in the driver's seat after closing the trunk and doors. I put night vision goggles on my head because there were still glimmers of light out. I clipped the night vision scope on the gun and put on the safety before replacing it on the seat. Then I sat with the car off and my hands on the wheel, waiting for the rest of the people involved.

THE TRAIL OF TEARS

By Carly Cook, Megan Barnard, and Jamo Huizenga

The Trail of Tears was called that for many reasons. People say it's because the tears of the Indians line the path from their homeland to the west and unknown. I can confirm that. I was there and lived the whole dreadful voyage. On this particular day of the long trip west, tensions were high. The night before, there had been multiple deaths due to the icy winds coming from the north and the lack of warm clothes and blankets.

On this particular morning, Officer Ben McDonal opens the flap to the soldier's wagon and looks down on the circle of our tribe's elders in disgust. While

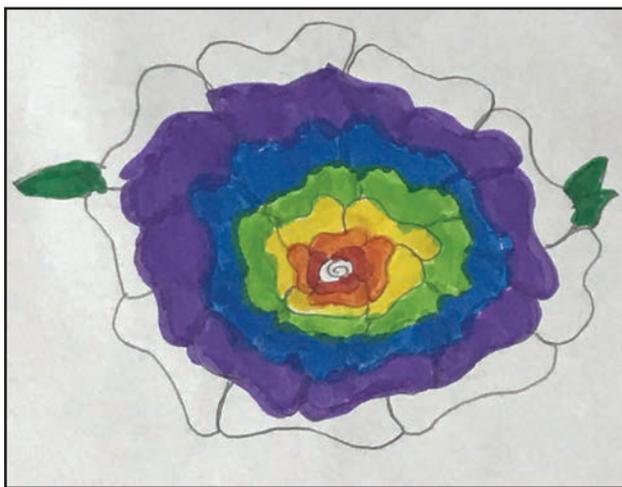


By Desmond Carrico '24

SUNSET WAGON By Emma Derringer

One brisk May morning in 1838, I awoke to being dragged abruptly out of my home. I watched as my children were taken by men I have never seen before, and thrown into a wagon filled with my tribe members. There were children being hurled into the back of wagons, my people being whipped, and white men screaming at us, telling us to move or us Cherokees were all gonna die.

We were all in distress. Some children were sobbing looking for their mothers, and some women were trying to fight back but were beaten by the white men. One of my tribe members, Abey, whispered in my left ear as she sat beside me, "This is white man's land now." You could hear the sadness in her voice as she settled into one side of the wagon. I let out a sad sigh as I saw my children being taken away by the white man. As a Cherokee, you are taught to be strong and hold your ground and be honest, but today, we let the white men take over us and our land, and I lied to my children. I am scared, but I shall put on a



By Kaydence White '24

the rest of our younger tribesmen are busy packing our small amount of belongings into the smaller wagons in the back, they are resting their tired bones on the cold hard ground after a restless night. Ben was never the nicest of the soldiers, but today he is especially irritable. The night before, one of my closest friends had noticed that the meeting in the captain's tent lasted much longer than usual. There was much yelling and afterward, and none of them seems to be in a good mood today. He takes cautious steps off the back of the wagon, not taking his eyes off the helpless group of elders. "You," he yells in their direction. All heads turn at the sound of his resentful voice.

He starts to walk slowly over to the group, and everyone's breath is caught in their throats. The bloodthirsty look on his face can only mean one thing. "Get up," he says in almost a whisper. He starts to pull something out of his belt, and the men scramble to their feet. All but one of them slink back into the shadows of a wagon to the left of

loving face and lie and say everything will be okay, but even I do not believe my own words.

As we rode along with the 645 wagons filled with my tribe members, alive and dead from the white man's mistreatment, we noticed that our children were shuddering and turning blue. Our hearts sank at the sight and we got less and less hopeful for our future. When we arrived, I looked for my children, but I didn't find them.

I looked harder and saw them, but not in the condition I wanted to see them. They were blue and not breathing. I couldn't breathe. I looked at them and stood frozen with fear.

Suddenly I was pulled by the wrist by the white man and told to move my ass or I would be whipped. They brought us to the execution spot and lined us up. I prayed to the gods that I wouldn't pass, but I also prayed and thanked them for not letting my children see this. They tied the noose around my neck and began the count down. Abey and I held hands and prayed. We finished saying, "Amen" as our bodies began to go numb and swayed like clothes on a clothesline, motionless and cold.

them. Ben's glare in that moment could have stopped a bull in its tracks. Achak remains seated. He is the oldest member of our tribe and liked by just about everyone, even the soldiers.

Ben's whip unravels and the sharp metal woven tip drags against the soft dirt ground. Then Achak feels the sharp stinging metal pierce the skin just below his left eye. He drops his head and his hands fly up to protect his eyes. Ben doesn't look like he's finished. He looks up at the crowd that has formed and rests his whip on his broad shoulders. "Do you all see what happens to people like you who don't follow orders?" He pauses, letting the insult and disgust of his words sink in. "Orders given are meant to be followed, you got it?" No one answers and the skin around his face turns pink. He grips the handle of his whip so tightly that his knuckles turn white. He slowly turns to face Achak once more. Achak's eyes dart to the floor and his shoulders hunch in defeat.

Just then, another soldier steps out of the growing crowd. His right hand grips the axe hanging from his belt and he holds his left hand out in front of him, cautioning Ben not to make a move at the elder. Ben looks up, confused. "This right here," he says as he gestures to the scene

(See Trail, Page 8)

MIDDLE SCHOOL

THIS IS ME

By Hazel Bee Stoddard

I am
Lightning, independence and organization,
I love thunderstorms, travel and learning,
Honesty and commitment are important to me,
I find intrigue in books,
I can be stubborn when I disagree with someone,
But I love to learn new things,
I love competition,
I am righteous when it comes to politics,
I am fascinated by photography,
I am happy with who I am.
This is me.

THE HOUSE OF BROKEN SOULS

By Whitney Dykstra

It was midnight and the house was dead silent. The only noise was the deep, even breathing of a sleeping Charles. Suddenly the sound of shattering glass resounded through the house. Charles woke with a start. "MARY!" he cried, reaching across the bed to where his wife used to sleep. His fingers met smooth sheets instead of a warm body. His heart jumped to his throat as he thought about the different dangers Mary could be in.

With surprising speed for his age, he ran out of the room and was halfway down the staircase before he realized... Mary was dead. She had died several months ago due to a tragic car crash. It had torn Charles' life apart. Shattering life he knew it. Probably why the sound downstairs had scared him so. The sound downstairs! He had completely forgotten. Pull yourself together, he told himself. If someone is downstairs I must be ready. They might take one look at me and leave me alone, that's what everyone else does.

Slowly he descended the staircase, not making a sound. A little late for being quiet, he told himself. But Charles decided it was better to be safe than sorry and continued his quiet descent. He slunk into the living room and flipped the light switch. What awaited him was out of this world. A window was shattered, glass was everywhere and an unnatural shape was protruding out of the carpet. Charles watched open mouthed as the lump turned into a giant rat. Red beady eyes locked on his. The rat's razor sharp claws glistening in the light. His black body let off a white ghostly glow.

In a voice that would make the devil sound friendly, he announced, "I am Jasper the ghost rat. From this day on, I haunt this house and whoever stays here. You will never be at peace again!" Charles fainted there and then. Jasper shrunk and collapsed in a fit of giggles. "What an old coot," he said through spurts of laughter. "That wasn't even with the rabid rat effect I've been practicing!" Still laughing he flew back into the floor.

When poor Charles woke up he was confused. As he recalled last night's events, his face turned as red as a tomato. No one

(See House, Page 8)

ART & POETRY

The two poems below were written in the style of "We Real Cool" by Gwendolyn Brooks (United States)

Z. A GENERATION SCARED. By Lily James Roberts

We are not cool.
Our future flying.

We are not cool.
Our home is dying.

We are not cool.
We scream, we hate.

We are not cool.
We were born too late.

We are not cool.
Our peers are crying.

You are not cool.
Your children are dying.

SIDE BY SIDE By Angelita Pena In the style of "Two Bodies" by Octavio Paz (Mexico)

A couple side by side
At times a warm embrace
A touch skin to skin

A couple side by side
their memories soft like fur
keeping them close and warm

A couple side by side
their hands solid like rock
unable to break apart

A couple side by side
their words sharp as fangs
Venom aimed at each other

A couple side by side
their tears float together
they embrace once more



By Elena Bronson '22

WE PLAY HARD By Abbey Sturtevant

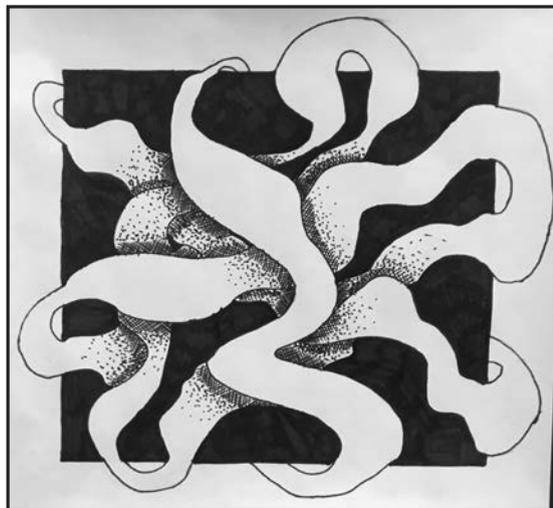
JV GIRLS SOCCER.
SIXTEEN ON THE TEAM.

We are family. We
Play hard. We

Don't stop 'til we win. We
Win 50/50 balls. We

Own the field. We
Play fair. We

Have an amazing coach. We
Have unforgettable memories.



By Lucy Parker '23

FEELINGS OF THE FOREST By Kenneth Moran

The smells of the environment, the feel of water, these are all felt, when entering the forest, with nothing but memory guiding you. The sky shining, the dirt moving under your steps, the water falling down out of sight.

Wolves stalking, deer watching, birds chirping. Falling into rivers, balancing across on fallen trees, skipping rocks, trees falling, fungus growing, starts raining, a wonderful feeling of water pouring, thunder coming, fear arises, memory still guiding you. Brush grabbing, trees falling, river rushing.

Muddy hills, shining grass, darkness arises, memory as the only thing guiding you.



The two poems below were written in the style or format (note repetition) of "Girls, Can We Educate We Dads?" by James Berry (Jamaica)

EARLY IN THE MORNING By Maisy Hill

Early in the morning
the birds are chirping.
I hear
the beautiful noise.
What a way to start a morning.

Early in the morning
I smell breakfast.
My mom is cooking
blueberry muffins, our favorite.
What a way to start a morning

Early in the morning
five kids stumble out of bed
all still half-asleep.
They sit together at a family breakfast
What a way to start a morning

STRICT PARENTS By Patty McNerney

Our parents are strict--
Your grades drop too low,
They'll throw a fit.
Soon we'll just hide our cards,
Because strict parents raise sneaky kids.

You say you're going out--
They'll ask you with who?
And then you're staying home now
Because they don't like your friends, too.
We begin to lie "I'm going to the library."
Because strict parents raise sneaky kids.

Our parents are strict—
They say wear what will fit.
You come downstairs
Wearing shorts above your knees
And they'll send you back up
Saying you'll wear what they please.
So we'll pack our bags
With our favorite short skirts
Because strict parents raise sneaky kids.



Painting By Kosmo Ruiz-Warnock '22

AUTUMN LEAVES By Cassandra Guillemette In the style of "Autumn and the Sea" by Javier Heraud (Peru)

With winter setting in,
I go out back into the woods,
noticing the color of autumn leaves,
burning like the sun,
dead, dry, dying.

Leaves are falling from trees,
filling the earth with color.
The wind is blowing leaves around,
leaving autumn behind.

Yellow leaves,
still seeing the sun showing on leaves.
I used to make piles,
to jump into.

Leaves falling from trees,
autumn turning into winter,
leaving leaves behind.



Coil Pot By John Bent '20



WINTER By Sadie Alderman In the style of "Childhood is the Only Lasting Flower" by Ramon Diaz Eterovic (Chile)

Winter
Approaching.
The bitter cold, evidence.

The fields starting to empty
as I watch the sun fall
and the cold blanketing the land.

As children walk to school
bundling more and more as time progresses
frost covering the chilling grass.
Winter.

FOREIGN LANGUAGE POETRY FEATURE...

MI NOMBRE

By Livia Oliviera

Mi nombre
 Mi nombre es como una ola
 Fuerte y suave
 Su sonido vuela
 Así como una ave
 Ligero
 Tranquilo
 Pálido
 A mí me gusta mucho
 Yo nunca lo cambiaría
 Porque mi nombre me representa a mí
 Como una sonrisa representa
 Felicidad

MY NAME

My name is like a wave
 Strong and smooth
 Its sound flies
 Just like a bird
 Quick
 Peaceful
 Delicate
 I like it very much
 I would never change it
 Because my name represents me
 Just like a smile represents
 Happiness

MEU NOME

Meu nome é como uma onda
 Forte e suave
 Seu som voa
 Assim como uma ave
 Ligeiro
 Tranquilo
 Delicado
 Eu gosto muito dele
 Eu nunca o mudaria
 Porque meu nome representa a mim
 Como um sorriso representa
 Felicidade

MI NOMBRE

By Cyrus Hall

Mi nombre es como
 un poder antiguo
 que se despierta después
 de siglos de sueño
 en una cripta oscura

Mi nombre es como
 el sol desapareciendo
 detrás del horizonte
 solo para que regrese
 al día siguiente

My name is like
 an ancient power
 who wakes up
 after centuries of sleep
 in a dark crypt

My name is like
 the sun disappearing
 behind the horizon
 only for it to return
 the next morning



MI NOMBRE By Mae Peterson

Mi nombre es común
 como decir hola,
 como chicos estudiando el calendario,
 pero mi nombre
 no es común.
 Está respondiendo a cosas que no me dijeron.
 Es confuso pero no es malo.
 Es primavera, como
 una flor en un día
 soleado.
 Es como un árbol verde
 en una montaña desnuda.

MY NAME

My name is common
 like saying hello,
 like children studying the calendar,
 but my name
 is not common.
 It is responding to things not said to me.
 It is confusing but it is not bad.
 It is spring, like
 a flower on a
 sunny day.
 It is like a green tree
 on a bare mountain.



MI NOMBRE By Brewer Atocha

Mi nombre es
 distinto
 y poco común.
 Es como
 un nuevo animal,
 extraño e interesante,
 que no es domesticado,
 y me gusta.

My name is
 different
 and uncommon.
 It is like
 a new animal,
 strange and interesting,
 that is not tame,
 And I like it.



Ceramic UglyJug By Sarah Gunn '23

SURVEY REVEALS LUNCH IS TOO SHORT AND TOO LATE

By Lucas Grover

In a recent survey about Mt. Abe's lunch, 68 students in grades 9-12 responded to questions about the lunch schedule, portion size and more. Of the 68 who responded, 44 students said they ate school lunch more than three days a week.

When most people think about lunchtime, it's usually around noon, but at Mt. Abe, high school lunch times are 12:50-1:10 and 1:13-1:34. Nearly 50% of students said it was too late in the day. Freshman Lily Roberts said, "Lunch is so late in the day! We practically starve all morning." Meanwhile, 45% of the students who responded said it was okay. Senior Ethan DeWitt added, "It's fine, because it's right in the middle of the day."

There are two lunches during the day, first lunch and second lunch, and a majority of the respondents said that first lunch is better. Junior Liam Davison said, "The food is warmer and you have a better chance of getting what you want. You also have a lunch in between a class, so you can pay more attention to the teacher because you've had a break." A few respondents said second lunch was better. Sophomore

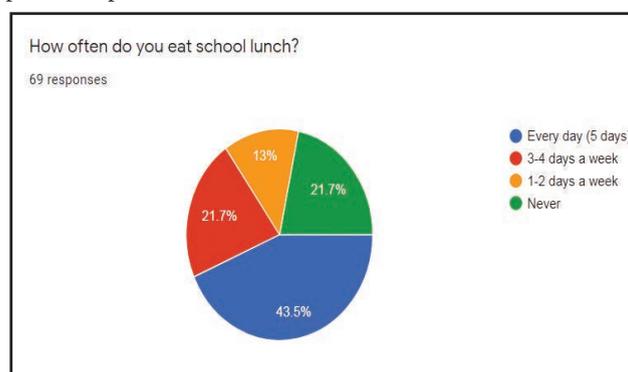
Jesse Thomsen said, "Second lunch is better, because there is slightly more time to eat."

Even though students were split on the time of day for lunch, 80% of students said the 20 minutes allowed to eat lunch was too short. Sophomore Tim Takeda said, "The lines for lunch get to be very long, so it takes a solid 10 minutes just to get lunch and then it feels like you have 5 minutes to actually eat lunch once you get it." Only 17% said it was fine. Freshman Hannah Emmons said, "I think that the given time is perfect. It gives students just the right amount of time to eat."

When asked about the price and portions, over 60% said that the price was affordable. Freshman Owen Kelliher's only complaint was, "The beverages are way too expensive." Although 20 respondents said the portions were fine, 24 said the proportions were too little. Senior Jessica Frey joked, "They give us like, 12 noodles. C'mon, we are growing kids!"

A majority said there were not enough choices or the options were repetitive, but nearly 40% thought the lunch choices were fine. Freshman Kenneth Moran said, "They serve only 10 different meals. We need some fish, and some more authentic ethnic foods would be nice. For example, what kind of horrific amalgamation is 'Mexican Lasagna'? It would be nice to see more local food, too." Many felt "Grab and Go" was a good option if you didn't like what was offered, or if you're in a hurry.

Fifteen respondents never eat school lunch, most because "it takes too long" and some because of dietary restrictions.



ILO

(Continued from Page 2)

the subject of architecture has developed even more because I have ownership in designing the curriculum, and I am inspired by one on one relationships with professionals in the field that I am interested in.

Luckily this year, I am able to continue with another I.L.O course. This year, I am focusing on the history of local architecture. My hope is to be able to walk down the streets of Bristol or Burlington and understand how older design elements in buildings came about in our culture and how they are still influencing the design of newer buildings.

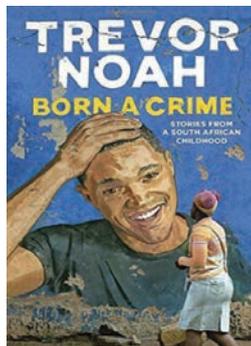
REVIEWS

BORN A CRIME COMBINES HUMOR WITH POIGNANCY

By Olivia Campbell

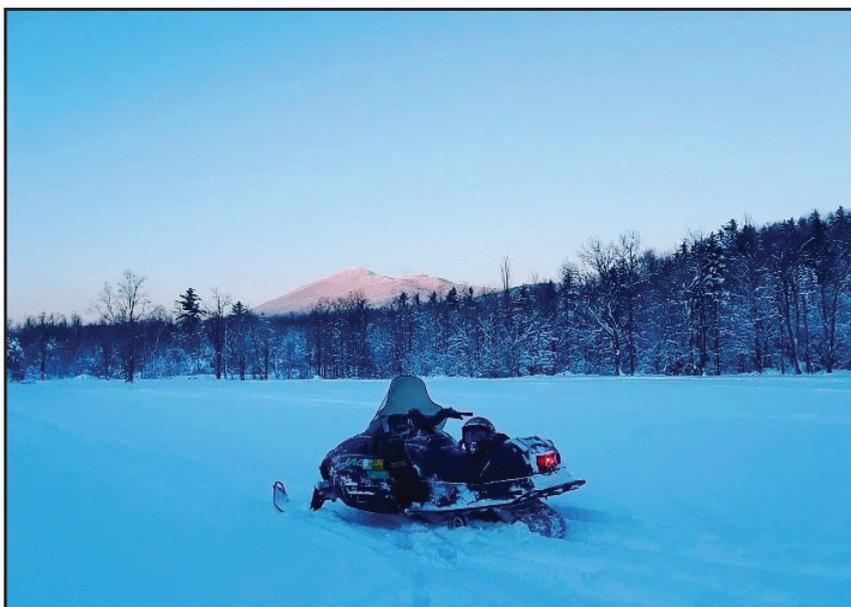
In *Born a Crime*, comedian Trevor Noah tells the story of his perilous childhood in South Africa during the time of apartheid, and how his relationship with his fearless and fervently religious mother affected his life greatly.

Growing up, Noah was tightly concealed and hidden away from danger as his birth between a black parent and a white parent was considered a criminal act. Told by Noah himself, the story opens up his first-hand experiences as a boy who was never supposed to exist. From being thrown out of a moving car to getting chased by the police, Noah tells the compelling, often hilarious



pitfalls of a boy navigating the life-threatening society of apartheid, and his mother's unequivocal dedication to keep him safe.

I loved this book. I know of Trevor Noah through his stand-up comedy performances and his talk show, *The Daily Show* and I thought the way he brought laughter and wit into even the darkest situations was brilliant. The way he wrote with such anticipation was so exciting to read. He also gave descriptive information about apartheid and South Africa's background, which helped me understand his stories more easily. I recommend this book 100% if you are looking to learn, but also laugh.



Digital Photo

By Kasey Cavoretto '23

HAWKING'S BOOK WAS BEST OF SUMMER

By Owen Kelliher

The best book I read this summer was *A Brief History of Time* by Stephen Hawking. The book describes all sorts of things, from space-time to the history of the universe.

What was most amazing about the book, however, was Hawking's easy descriptions of concepts that are usually extremely difficult to understand. The part I found frustrating was that sometimes the book was too brief in explanation. I wish there had been some extra tidbits of information in some chapters, especially in the chapter concerning. I thought that the chapter was a bit unfinished and could've used more explanation.

My favorite part of the book was the chapter on black holes. By the age of seven, I was already fascinated by the prospect of black holes. As a

person who's always been amazed by space and black holes, the fact that something could be so unbelievably dense is just astounding to me. The book managed to explain black holes in a way that extended my previous knowledge and made me even more eager to learn everything I could about the subject.

Hawking is also one of my idols, because I love math and science and hope to one day take a job in the field of astrophysics. My two dream jobs are theoretical physicist and aerospace engineer, or rocket scientist. Stephen Hawking, Neil DeGrasse Tyson, and Albert Einstein are some famous examples of people with the profession of a theoretical physicist.

Overall, the reason I enjoyed this book so much was because it really suited my interests and made me want to stay up reading all night.

TEPPER'S BOOK SHOWS HOW WEALTH SHOULD BE

By Eli Burgess

Exceptional Wealth is a non-fiction book by Mark M. Tepper that helps readers understand the true meaning of wealth, not only to society, but also to ourselves.

Tepper assures readers throughout the book that they can be considered wealthy middle class, or even a lower class citizen. He explains that wealth means so much more than just having money, but it is also about what makes you happy in life, whether it be living in a mansion, or owning ten boats, or fancy cars. Wealth could also be considered having a wife and kids, or a family that supports you.

Tepper is the CEO of Strategic Wealth Partners, and because of his knowledge of wealth, he offers great insights from his personal life. He uses stories and evidence to support his claims about what wealth really means. In a story about a crude businessman and a poor fisherman, Tepper explains how



wealth to the businessman means slowly expanding his business, and making more and more money over time, but to the fisherman, his wealth is his wife and family, and the siesta he gets every day.

At times, the book can seem a bit repetitive with its explanations about what wealth really means.

Tepper tries to get his message across throughout the entire book, about what wealth really means, and how society has misunderstood it for so long. Although this is the theme, he often gives too many examples, to try and exemplify the point he is making. These examples may help with the structure of the book, but the stories are too similar to make that happen.

Despite the book being a bit repetitive at times, if you are a reader who is interested not only in wealth, but enjoys a wholesome non-fiction read, I would highly recommend it.

“GOODREADS-STYLE” BOOK REVIEWS

Maia Jensen '23 rated *Refugee* ★★★★★

Alan Gratz' book is written from a really engaging perspective. The way it shows three different stories from three different time periods is creative and enticing for the reader. Although some chapters were boring, the overall book was a page-turner. If you aren't a big fan of historical fiction, this book may not be right for you. The historical aspect is shown more through details than dates and facts, but can still sometimes feel tedious. Yes, there are a few boring pages and events here and there, but the storyline of this book makes up for it. When the intensity of a scene picks up, it's hard to put down the book. If you like historical fiction and seeing different hardships and journeys portrayed creatively, this book is right for you.

Cassandra Guillemette rated *Esperanza Rising* ★★★★★

Esperanza Rising by Pam Muñoz Ryan tells the story of a young girl named Esperanza. The book had great descriptions that didn't make it boring to read. My favorite description was, “Now my life is like the zigzag in the blanket on Mama's bed.” This was a loving message of Esperanza's life. The book does not have a plot twist, which gives it a calm side.

Esperanza Rising is a journey of a girl going to the U.S. and starting her life over at a camp. She has reached tough times throughout her journey and she has conquered many challenges. The book also shows a deep side of love. Esperanza felt like she needed to quit, but she always had her family for support. *Esperanza Rising* is a great story to read to see how she overcame obstacles in her life.

Jordan Hall rated *City of the Beasts* ★★★★★

Isabel Allende's book was great. It happens mostly in the Amazon jungle far from where this boy lives. It's all about his adventures in going through the jungle with his grandmother and a group of explorers and natives. They go through some troubles and overcome them they don't necessarily all like each other but they always save each other. I loved this book for the action and the details and I'm sure anyone who reads it will be just as pleased as I was.

Brenden Oxford rated *Refugee* ★★★★★

Refugee is an exciting and thrilling book by Alan Gratz. *Refugee* tells the story of three young children who all seek safety and freedom. Each character's story takes place in a different place and time throughout history. Personally, I found two of the three stories very interesting and I enjoyed the stories more and more as the plots thickened. However, I did not take an interest in one of the stories because I did not find it as fast paced and action packed as the others. Although the three stories were set in different times, I really enjoyed the end of the book because the author explains and shows how these stories are so similar even incorporating one character from a story to another. I believe that Gratz uses this book to get a message through to his readers that he feels is very important, and to me it really shows. This is a great book to read and I think all types of readers will enjoy it.

EAGLE COACH JOURNEYS FROM BOTTOM TO TOP

By Eli Burgess

When Bob Russell became the Varsity Soccer Coach at Mt. Abe in the Fall of 2018, it was because of a retiring Mike Corey, but what Russell also did was to climb his way “up the ladder” so to speak. He started by coaching in the middle school, and eventually became the man at the top.

Russell was a coach and player prior to coming to Mt. Abe. He taught at Colchester in 2004, and when asked what got him into coaching, he said, “There were some players in the 8th grade who knew that I had been around the game previously, so when a coaching position came up their 8th grade year, they talked to the athletic director and eventually I became the coach of the boys 8th grade team.” Russell agreed to take the spot, and that's where his journey began. He coached middle school soccer for many years, including when he transitioned from Colchester to Mt. Abe. When JV coach Peter Coffee stepped down, it was Russell's time to step up to the high school level, and after a couple more years passed, Corey stepped down as well, putting Russell at the top of the high school game.



2019 Seniors who have played for Russell over the years include (R to L) Ryan Lathrop, Silas Burgess, Liam Kelliher, Sam Schoenhuber, Jonas Schroeder, Eric McKean, Wyatt Thompson, and Ethan DeWitt

A second year varsity player, Ryan Lathrop has had coach Russell for five seasons. When asked how he would compare his relationship with Russell to other coaches, he said, “Coach Russell, unlike many, puts a lot of responsibility on the players when it comes to development. At the beginning of

the season, it was made clear that ‘you get out what you put in.’ If we aren't working as hard as we should in practice, it is our own responsibility to realize that we are only hurting ourselves.” It is clear that the teaching ability of Coach Russell has really helped his team to learn what he wants, and to

SPORTS

know what he expects out of them.

One of the three varsity captains, Silas Burgess, has played under Russell's direction for three seasons. When asked how he would compare his relationship to coaches other than Russell, he said, “I have had coaches for years on end before, but I have not had the routine of seeing them every weekday after school like I have with Mt. Abe coaches.” Burgess made Varsity as a freshman, so he had a spell under Mike Corey for two seasons before he started with Russell his Junior year. Having played for Russell for such a long time, and seeing him every day has clearly had an effect on the players' relationship with their coach.

All in all, when the Eagles made the decision to stick with someone who was experienced in the program, they made a wise choice. As for what Russell thinks, he said, “The kids are what make the program so great and the entire concept of brotherhood really does symbolize who we are as a team, on and off the field.”

MAV FOOTBALL'S COACHING STAFF HAS SEASON OF FRESH FACES

By Lucas Grover

Mt. Abe/Vergennes or “MAV” Football, has seen a lot of changes this year, including new coaches Ethan Curtis and Ryan Cornellier, while returning coach Justin Tierney took on a new role this year, focusing on special teams.

Ethan Curtis is the head coach of the JV team and an assistant coach for varsity. Curtis has had a lot of experience with football, including playing linebacker and lineman in high school, and in college, he played linebacker, defensive line, and fullback. Curtis also had four years of coaching experience at Essex High School, but he took a break from coaching when his daughter was born. Head coach Jeff Stein offered Curtis a position as one of the coaches for this year and he took it because “I wanted to help, and see what Mt. Abe had for players.” Curtis has a lot to offer to the football program. He said, “I feel like you should be a jack of all trades,”



Coach Curtis in action at football game

so he tries to learn the most he can by asking questions and studying. The team's preseason required the players to come in every day from 6am to 2pm. Curtis said, “It showed the team and coaches how much time and effort they need to put into being a successful football team. It also taught the team what football is about and what goes on outside of the T.V. on a Saturday or Sunday, and how much work and dedication goes into playing football.” As a coach, he says he needs to improve by watching more film. “You can never watch too much film.” Curtis explained how he approaches student athletes, saying, “You want to connect to your student athletes, but you also need to make sure that they see you as a coach.”

Ryan Cornellier is an assistant for the varsity team and the wide receiver coach. Cornellier applied for a coaching position with MAV football because he has a lot of passion for the game. Cornellier brings a lot to the program, but specifically to receivers as he was a wide receiver in both high school and college. He also tries to bring new skills from receiver camps. Football has a lot of transferable skills. He explained, “Respect and being trustworthy are good life skills. Whether you're in a trade school or college or if you're just heading right to the workforce, trust is key. Respect is a big thing that a lot of people have, but is also thrown around. Simple things like holding the door for a neighbor or helping an elderly lady putting groceries in her car. Teaching players just to go over there and help without second-guessing or being told. We enrich the program with life skills and try to give back to the com-

munity by going out to do a bottle drive or helping at the Three Day Stampede.” As a team, Cornellier thinks they need to work on self-confidence so that they have just as much a chance to win as any other team in the state. He added, “You need to believe in yourself just as much as you need to believe in your brother next to you.” He thinks if the team builds that confidence, it will turn the season around. As a coach, Cornellier says he needs to work on controlling intensity, especially in tense game situations. He added that Curtis is always there to remind him of this, saying, “Hey, calm down. Say it positively and slow down.” Cornellier wants to be able to say what they can work on positively instead of hammering on them.

Justin Tierney is the Special Teams coach, running back coach, and assistant coach for the varsity. Tierney played football for Mt. Abe in the second year of the program and he has coached middle school football at Mt. Abe since 2008. Tierney joined the high school coaching staff in 2015, and he's been coaching for the last four seasons. Tierney saw the raw potential of the young team and became excited about the new coaching staff and Stein's vision for the program moving forward. Because numbers are low, the JV team has played

eight-man football instead of eleven, and players are having to play on both sides of the ball, which hurts them competitively. Tierney believes the ninth and tenth grade numbers are promising moving forward, and Gary Russell, who has proven to be an effective promoter of youth football, has stepped down to the lower levels. Tierney also talks to elementary school students on a regular basis because, “My daughters are that age and I know a lot of the kids. Having Coach Stein teach at Bristol Elementary School also helps tremendously.” As a coach, Tierney has taken on more responsibilities over the years. “Every year, I try to take on more,” he added. “This year I became the special teams coordinator and that has been an exciting challenge.” He knows that he can always improve, especially on scouting the opponent's defense and finding their weaknesses, which Tierney said is his goal for the season.

Even though this season wasn't a success in terms of wins, all three coaches believe it was a step in the right direction.

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TRAIL

(Continued from Page 3)

he has caused, "is none of your business. Go make yourself useful elsewhere." Their eyes lock over poor Achak who remains hunched over on the ground in a protective ball.

"Actually Ben, I believe it is. See, you picked a fight with an Indian from my section of wagons, therefore I am responsible for seeing that no harm comes to him." A low growl sound comes from the back of Ben's throat. Out of nowhere, he lunges at Ben with such ferocity and speed that the whole group of spectators gasp. The soldier is ready, holding his axe threateningly above his head. Ben's whip connects with his shoulder and wraps around his arm. Its target howls in agony as a winding trail of blood snakes down his arm. He swings his axe and misses narrowly. With no time to recover, the whip swings again and this time slashes at the side of his neck, sending specks of blood flying everywhere. Ben sneers, sure he has already won. He advances, taking his sweet time as the soldier wipes the blood from his neck. In a flash of sudden movement, the arm holding the axe is swung in Ben's direction and Ben

was not prepared.

The blunt end of the axe connects with the side of Ben's face, narrowly missing his eye. His body crumples to the ground and his blood soaks the dusty ground. The soldier picks himself up and casually places his axe back in its place in his belt and starts off to the medical tent. The air is heavy with silence because no one dares move. After a couple of moments, two other guards move forward and seize Ben's lifeless body. "His heart is still beating," one says.

"Probably just a bad concussion," the other says as the crowd begins to disperse and some Indians from my tribe rush forward to help Achak to his feet. They hobble over to a circle of women preparing bandages for Achak. I stand in shock, still unsure of what I just witnessed. The rest of the tribe continues packing up our wagon.

Looking back on this today, the very thought of a white soldier standing up for a Native American is incredible. It was small acts of kindness like this that separated a few people from the seemingly evil group of people from European descent.

Burnett, John G. "The Trail Of Tears." Free Web Stats. N.p., 2004. Web. 10 Sept. 2019.

HOUSE

(Continued from Page 3)

messes with me and gets away with it, he said to himself. From that day on, Charles carried a baseball bat with him everywhere. Even at night, Charles lay in bed, his baseball bat in his arms, prepared for the next attack. None came. It wasn't until two weeks later that Charles met Jasper again.

One quiet Saturday morning, Charles had just made a fresh cup of steaming hot coffee and was lifting it to his lips when he heard a scraping sound coming from upstairs. Slamming his cup down on the table Charles stalked upstairs, bat in hand. He was in a very bad mood. Every night for the past two weeks he had barely slept a wink. Peering into his bedroom Charles saw a small Jasper was scratching his claws on the wall. As Charles entered he paused and turned.

"Got to keep these babies nice and sharp," he told Charles.

"You.. you, you can talk?" Charles stammered.

"Of course I can, Grandpa," Jasper teased. Charles hands tightened on his

baseball bat in anger. "My, my I see I have succeeded in scaring you. You have so many bags under your eyes and I can't even count them!" That did it. In a swift movement, Charles swung the bat down on the rat. All the bat met was air.

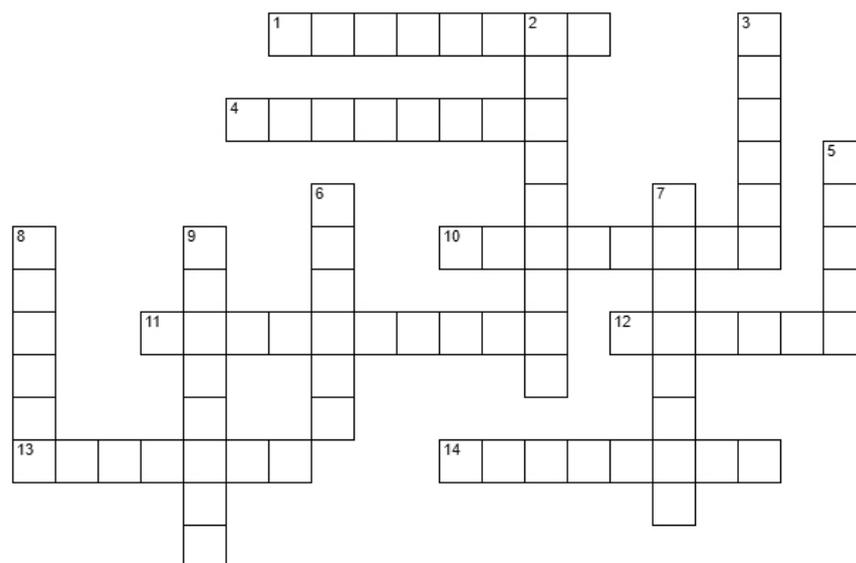
"But.. how?" he questioned. Suddenly Charles felt something like sharp needles stabbing his bald head. Reaching up his hand met nothing. In the blink of an eye a small set of teeth pierced his right index finger. As he pulled away his finger letting loose a few words I won't repeat his brain was racing. Ohhh, I'm gonna kill that rat! He looked around the room brandishing the bat, but Jasper was nowhere to be seen. Charles was angry and confused.

Back downstairs, Jasper had just finished fixing the sink to his liking and was now looking through the cupboards. "Ahhh, here it is," Jasper said to no one in particular. Scampering over the counter Jasper filled half of Charles' cup of coffee with vinegar. The other half was already all over the counter from when Charles had slammed his cup down. Footsteps were approaching fast. Jasper backed into a crevasse between two books on the counter, watching and waiting for the show to begin.

Charles walked briskly down stairs and straight to his coffee. That rat wasn't going to destroy his morning. Jasper watched in anticipation as Charles held the cup to his lips and swallowed. He was drinking so fast it wasn't until the glass was a quarter empty before he even tasted it.

Thanksgiving Crossword

By Eli Burgess



- ACROSS**
- 1 You could find them in heavy wool layers in the 1620s
 - 4 Thanksgiving is celebrated on this weekday in November
 - 10 Someone always wants to watch this "big game"
 - 11 Squash in a pastry shell never tasted so good
 - 12 Always around for the holidays
 - 13 The United States of _____ celebrates in November
 - 14 Can be found baked, mashed or at the dinner table
- DOWN**
- 2 The Pilgrims got from point A to point B on this ship
 - 3 Many people do this, in a car or a plane
 - 5 Served on the side in something a fisherman would drive
 - 6 Universally known as the main dish
 - 7 Students get this much-needed break
 - 8 This country celebrates Thanksgiving in October
 - 9 Popular side, known to some as "dressing"



By Alina Donaldson '25

To see the rest of this story, go to <https://sites.google.com/a/anesu.org/birds-eye-view/middle-school>

HOME & LOCAL CALENDAR OF EVENTS

November 21 & 22	Fall Musical "The Music Man"	7:00pm
Sat November 23	Fall Musical "The Music Man"	2:00pm and 7:00pm
Sat December 14	Young Life Pageant	7:00pm
Mon December 16	Boys Basketball vs. Mill River	JV 5:30pm/Var 7:00pm
Tues December 17	HS Winter Concert	7:00pm
Wed December 18	MS Winter Concert	7:00pm
Sat December 21	HS Wrestling Home Tournament	10:00am
Fri December 27	Boys Basketball vs. Randolph	JV 5:30pm/Var 7:00pm
Th January 2	Girls Basketball vs. Otter Valley	JV 5:30pm/Var 7:00pm
Fri January 3	Boys Basketball vs. Milton	JV 5:30pm/Var 7:00pm
Sat January 4	Girls Basketball vs. So Burlington	JV 11:00am/Var 12:30am
Tu January 7	Girls Basketball vs. U-32	JV 5:30pm/Var 7:00pm
Wed January 8	Boys Basketball vs. Missisquoi	JV 5:30pm/Var 7:00pm
Fri January 10	Girls Basketball vs. Lyndon	JV 5:30pm/Var 7:00pm
Sat January 11	JV/MS Home Wrestling Trnmt	10:00am
Fri January 17	Boys Basketball vs. Otter Valley	JV 5:30pm/Var 7:00pm
Tues January 21	HS Wrestling Home Meet	6:00pm



Graphic by Bruce Babbitt

The Bird's Eye View

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